CITIZENS OF THE KINGDOM ORTHODOXY

Purification - Illumination - Glorification

NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons🌙." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌕 = a beginning of a new month)

THOUGHT OF THE MONTH

Dear beloved ones,

As we step into the new Gregorian year, many across the world are setting new goals — goals for health, clarity, peace, discipline, and a fresh start. But for those who walk in truth, our goals are not shaped by trends or resolutions. They are shaped by what the Heavenly Father is calling us into.

And this year, that call is unmistakable:

SEPARATION.

Not the shallow kind that simply changes churches or outward labels...but the deep, ancient separation that restores order in the home, clarity in the mind, and purity in the body.

In our previous newsletter, we touched on ancient foods — the rhythms our forefathers lived by, the cleansing cycles that kept their bodies and thoughts aligned with Heaven. Today, as we begin a new year, I want to take this further. Because separation is not only spiritual — it is physical, biological, and deeply practical.

It is what we eat.
What we allow into our homes.
What we place on our skin.
What we teach our children.
And what we refuse to tolerate in Babylon's systems.

With Love,

WHEN THE HERD IS INJECTED — WHO REALLY BENEFITS?

THE 2026 CATTLE VACCINE ROLLOUT AND THE FUTURE OF MAN & BEAST

In our previous newsletter, we spoke about ancient foods and the reality that **"SEPARATION"** means much more than changing churches.

IT IS A CALL TO STEP OUT OF SYSTEMS THAT CONTAMINATE THE BODY, DULL THE SPIRIT, AND QUIETLY RESHAPE CREATION ITSELF.

Now, only days into the new Gregorian year, we are confronted with another "system shift" — this time aimed not directly at humans, but at the animals that feed us, clothe us, and carry the weight of our land.

1. What has just been announced?

On 26 November 2025, South Africa's Minister of Agriculture, John Steenhuisen, announced that the government will move to vaccinate the entire national cattle herd against Foot and Mouth Disease (FMD).

Key points of the plan:

- A **BLANKET VACCINATION** strategy for roughly 7–12 million cattle, depending on how the herd is counted.
- Rollout beginning early 2026, with at least **2 MILLION DOSES EXPECTED BY FEBRUARY 2026**, targeting the hardest-hit provinces first (KZN, Gauteng, Free State, Mpumalanga, North West).
- A long-term aim to **SECURE "FREEDOM WITH VACCINATION" STATUS** from the World Organisation for Animal Health (WOAH) to restore export markets and protect the red-meat industry, valued at around R9 billion.
- **PUBLIC-PRIVATE PARTNERSHIPS** with Onderstepoort, the Agricultural Research Council, and foreign partners (including China and Argentina) to secure vaccine supply and local production.

In short:

The entire herd is being lined up for a national injection programme, justified by a disease that does not infect humans, but that threatens trade, exports, and profit.

2. What is Foot and Mouth Disease really?

Foot and Mouth Disease is a highly contagious viral disease in cloven-hoofed animals — cattle, sheep, pigs, goats. It causes sores, fever, and production losses. It spreads easily, and it absolutely can devastate a farming region economically.

However:

- It **RARELY KILLS ADULT ANIMALS** in large numbers.
- It **DOES NOT INFECT HUMANS** in any normal, recognized way.
- The **MAIN CRISIS IS ECONOMIC**: export bans, quarantines, trade suspensions, and market panic.

So, when the government talks about "saving the nation" from FMD, we must remember: this is not a human pandemic — it is a trade crisis.

3. Steenhuisen's argument: "We must vaccinate everyone"

In his official statement, Minister Steenhuisen acknowledges the hardship of farmers and the failure of current containment. He then presents one solution: a comprehensive strategy to vaccinate the entire national herd, so that South Africa can regain trade status with "freedom with vaccination."

This sounds compassionate and decisive. But look deeper:

- The primary stated goal is not harmony with creation, not long-term soil and animal health, but **RE-ENTRY INTO GLOBAL EXPORT MARKETS**.
- **THE COST IS MASSIVE**: vaccine contracts, new production facilities, complex logistics — all in partnership with global pharmaceutical and biotech entities.
- The root causes of FMD spread — poor biosecurity, uncontrolled movement of animals, broken traceability systems — are acknowledged, but **VACCINATION IS STILL POSITIONED AS THE MAIN "HERO" OF THE STORY.**

And quietly, a subtle shift happens: From caring for creation to managing a commodity system.

4. Where the argument becomes weak

From a covenant standpoint, several red flags arise.

a) A blanket solution for a complex problem:

FMD outbreaks are not uniform across all provinces and farming systems. Some areas are high risk, others are almost unaffected. Yet the plan pushes toward vaccinating the entire herd, instead of building layered, targeted solutions:

- Genuine biosecurity.
- Improved grazing management and animal movement controls.
- Stronger border and auction oversight.
- Empowering smallholders with basic veterinary support.

Even international animal-health bodies say vaccination is one tool, to be combined with movement control and other measures — not a magic bullet.

b) Markets over Creation

The stated goal is regaining "freedom with vaccination" status and reopening export channels. For farmers whose survival depends on exports, this sounds like hope.

BUT SPIRITUALLY, WE MUST ASK: WHO IS BEING SERVED FIRST — THE LAND, THE ANIMALS, AND THE PEOPLE... OR INTERNATIONAL TRADE SYSTEMS?

When policy is built primarily to satisfy external certification and global demand, the local flock — man and beast — often become test subjects in a bigger economic game.

c) Long-term consequences for farmers

Some industry voices are already warning:

- **VACCINATED HERDS MAY FACE LIMITS ON SELLING GENETICS** (breeding stock, semen, embryos) to certain markets.
- **HUNTING AND TROPHY INDUSTRIES MAY BE AFFECTED** if vaccinated animals or certain zones are restricted.
- **ABATTOIRS MAY NEED EXPENSIVE UPGRADES** to handle vaccinated animals under stricter controls.

In other words:
The small farmer, already squeezed by rising input costs and regulations, could become even more dependent on centralized systems just to continue trading.

5. Does this smell like the Covid-19 playbook?

We must be careful with our language, but we can be honest:

Many of us recognize a familiar pattern:

- **A CRISIS** (this time in animals, not humans)
- **A SINGLE "SCIENTIFIC" SOLUTION** pushed as the only responsible path
- Heavy reliance on central procurement, **IMPORTED OR PARTNERED VACCINES**, and new biosecurity infrastructure that will remain long after this outbreak is over
- **STRONG EMPHASIS ON STATUS AND CERTIFICATION** ("freedom with vaccination") — similar to earlier talk of "freedom" through compliance in the Covid era.

On the scientific side, authorities emphasize that FMD vaccines are inactivated and considered safe for food-producing animals and for humans consuming their products, especially when proper pasteurisation and processing are applied. So, this is not about fear-mongering. It is about patterns of control:

IF YOU CONTROL THE NEEDLE THAT ENTERS THE HERD, YOU CONTROL THE FOOD THAT ENTERS THE PEOPLE.

6. What about the animals themselves?

Even when vaccines are generally considered safe, every mass medical intervention into creation carries:

- **PHYSIOLOGICAL IMPACT** on the animal (immune stimulation, local reactions, stress).
- **DEPENDENCY ON REPEAT DOSING** and ongoing compliance with central schedules.
- **LOSS OF NATURAL DIFFERENTIATION** — hardy herds that have developed resilience may be treated exactly like high-risk industrial herds.

From a covenant and stewardship point of view, we must ask:

- Are we still allowing Heavenly Father-designed resilience to emerge in the land?
- Or are we moving toward an entirely medicated ecology, where normal life cannot function without constant pharmaceutical intervention?

7. And what about man?

Even if FMD itself does not infect humans, and vaccines are said not to pose a direct food safety risk when properly used, this programme still affects people deeply:

- **FOOD SOVEREIGNTY**: small farmers may feel compelled to comply just to stay in the value chain.
- **ECONOMIC VULNERABILITY**: one national policy mistake affects millions of consumers, not only "big commercial" farms.
- **SPIRITUAL ATMOSPHERE**: when creation is managed only through needles and laws, the people forget how to seek healing and balance through the Creator's rhythms — grazing cycles, rest, land Sabbaths, and wise husbandry.

This is where our previous theme returns: Separation is not just about leaving Babylonian churches. It is about recognizing Babylonian systems in agriculture, medicine, finance, and food – and choosing, step by step, to live differently.

8. What do we do now?

At this stage, the FMD vaccination campaign is moving forward at national level, with doses scheduled and production lines revving up for February 2026. We cannot simply opt out of reality. But we can:

1. **PRAY FOR DISCERNMENT** for farmers, veterinarians, and officials who still fear the Heavenly Father.
2. **NO VOTE OF CONFIDENCE** – we do not trust the agenda behind Steenhuisen's decision.
3. **SUPPORT LOCAL**, trusted farmers who are transparent about their practices.
4. **REDUCE DEPENDENCY** on anonymous supermarket meat where traceability is murky.
5. **STRENGTHEN OUR OWN IMMUNITY** and clarity — through fasting, clean food, and spiritual separation — so we are not ruled by fear when policies like this are announced.

BRAIN CLEANSE

A protocol specifically designed for fogginess, anxiety, OCD-type habits, autism-spectrum symptoms, irritability, sleep disturbance, spiritual mimicry and post-parasite die-off.

THE 3-LAYER BRAIN CLEANSE:

LAYER 1
Parasite + toxin removal - **BECAUSE YOU CANNOT CLEAR THE BRAIN UNTIL YOU STOP THE "TOXIN DRIP" COMING FROM THE GUT AND LIVER.**

A. THE BRAIN DETOX TRIO
- Use daily for 14–21 days.

Ingredients:
- 1 tsp clove powder (kills eggs)
- 1 tsp wormwood (paralyzes adult parasites)
- 1 tsp black seed (Nigella sativa) or black walnut

How to use:
Mix in hot water or capsule form. Take at night.

Why it works:
Parasites release neurotoxins, causing fog, anxiety, nightmares, and irritability.
Stopping their cycle is step 1.

LAYER 2
Clear the brain's inflammation

Once parasites weaken, you must bind the toxins they release.

A. ACTIVATED CHARCOAL OR BENTONITE CLAY

Adults: 1 tsp in water, away from food & herbs.
Children: ½ tsp. Take for 5–7 days during die-off.

Why:
These absorb: ammonia, aldehydes, mould toxins and parasite waste. These toxins cause brain fog, headaches, mood swings.

B. Brain-Calming Anti-Inflammatory Tea

Drink daily.

Ingredients:

- 1 tsp turmeric
- 1 tsp ginger
- pinch black pepper
- 1 tsp raw honey
- optional: 1 tsp coconut oil (helps brain repair)

Why:
This stops inflammation at the blood-brain barrier, allowing clarity and peace.

LAYER 3
NERVOUS SYSTEM RESET
(THE KEY TO BRAIN CLARITY)

This is where the real shift happens — especially for children.

A. THE BRAIN-CALMING HERBAL MIX

Use morning + night.

Ingredients:

- 1 tsp lemon balm
- 1 tsp passionflower
- 1 tsp chamomile
- Steep for 10 minutes.

Benefits:

It reduces OCD-style loops, calms overstimulated nerves, improves sleep and balances serotonin shifts caused by parasites.

B. MAGNESIUM BRAIN RESET

This is essential. Parasites drain magnesium → causing irritability and repetitive behaviours.

Form:
Magnesium glycinate for adults and Magnesium L-threonate for brain fog and memory is best for teens/adults.

Dose:
Adults: 200–400 mg at night. Children: 50–150 mg, depending on age

Benefits:
It stops racing thoughts, restores sleep, stabilizes the mood and supports detox pathways.

C. OMEGA-3 BRAIN REPAIR

Helps rebuild the brain after inflammation.

Sources:
Flaxseed oil, chia seeds, sardines and fish oil capsules (if available).

Use:
One tbsp daily for adults and 1 tsp daily for children. Omega-3 rebuilds the protective coating of the nerves.

CHILD-FRIENDLY BRAIN CLEANSE OPTION

For sensitive or young children, use this instead of the strong herbs:

Ingredients:
- 1 cup honey
- 1 cup water
- 5 cloves garlic (crushed)
- 1 thumb ginger (sliced)
- 1 tsp turmeric
- 1 cinnamon stick
- Simmer 10 minutes, strain and store in the fridge.

Dosage:
Children: 1 tsp morning + night. Adults: 1 tbsp morning + night. This calms behaviour and detoxes gently.

BONUS: FULL MOON BRAIN CLEANSE ACTIVATOR

Use for 3 days before the full moon, the night of, and 3 days after:
- 1 tsp clove
- 1 tsp wormwood
- 1 tsp black seed
- Magnesium at night
- Chamomile/lemon balm tea

This prevents the full moon activity of parasites.

WE ARE WHAT WE CONSUME — PART 1

Modern society has reduced eating to convenience, taste, and habit — yet Scripture reveals a far deeper reality: consumption is a spiritual act. Every choice that enters the mouth shapes the body, the mind, the emotions, and the spirit. In a generation where food is increasingly manipulated, modified, preserved, medicated, or spiritually consecrated under foreign altars, the statement **"YOU ARE WHAT YOU CONSUME"** carries more weight than ever before.

The body is designed as a temple, not a rubbish bin. And temples are either purified or polluted by what enters them. Throughout history, foods were understood to carry not only nutritional value, but spiritual influence — especially when slaughtered, spoken over, or prepared under a particular authority.

IN ANCIENT ISRAEL, FOOD LAWS WERE NOT ARBITRARY RULES; THEY WERE PROTECTION. THEY SERVED AS A COVENANT BOUNDARY, GUARDING THE PEOPLE FROM CONTAMINATION, ILLNESS, PARASITIC INFESTATION, DEMONIC INFLUENCE, AND ASSIMILATION INTO FOREIGN SYSTEMS.

Today, those ancient boundaries are needed again — because modern consumption has become one of the greatest open doors to spiritual dullness, mental instability, and physical weakness.

1. Modern Food Is No Longer Neutral

Food today often carries hidden ingredients, hidden chemicals, hidden hormones, and hidden agendas. The human body is constantly assaulted by:

GENETICALLY MODIFIED CROPS, ULTRA-PROCESSED FOODS, ARTIFICIAL PRESERVATIVES, HORMONE-INJECTED MEATS, SEED OILS THAT INFLAME THE GUT, ADDITIVES THAT ALTER BRAIN CHEMISTRY, MASS-VACCINATED LIVESTOCK, FACTORY SLAUGHTER PRACTICES AND FOODS PRAYED OVER OR DEDICATED TO FOREIGN DEITIES.

Every one of these elements becomes part of the bloodstream, the tissues, the gut biome, and eventually, the mind.

WHAT THE BODY CANNOT PROCESS, IT STORES. WHAT THE SPIRIT CANNOT TOLERATE, IT MANIFESTS AS CONFUSION, FATIGUE, ANXIETY, CRAVINGS, OR SPIRITUAL HEAVINESS.

The assault is not merely biological — it is spiritual engineering through consumption.

2. Parasites: The Invisible Controllers of Appetite, Mood & Thought

Parasites thrive on modern diets. They feed on: sugar, refined carbohydrates, dairy overloaded with hormones, high-gluten grains, processed foods, contaminated meats and chemically altered oils.

Parasites do not simply live in the digestive system — they influence the brain, driving cravings, emotions, compulsions, and behaviour. A parasitic body creates a parasitic mind. This is why so many people experience: **BRAIN FOG, LOW MOOD, IRRITABILITY, COMPULSIVE EATING, INSOMNIA, ADDICTIVE BEHAVIOUR AND WEAKENED DISCERNMENT.**

These symptoms are not "random." They are biological and spiritual reactions to what is consuming you internally. This is why fasting is essential — it starves what is feeding on you.

3. Fasting: The Ancient Weapon for Physical & Spiritual Clarity

Fasting disrupts the internal ecosystem of parasites, inflammation, and chemical addiction. Within hours of a genuine fast: **PARASITES WEAKEN AND DETACH, INFLAMMATION DECREASES, MENTAL CLARITY INCREASES, EMOTIONAL STABILITY RETURNS, SPIRITUAL AWARENESS HEIGHTENS, CRAVINGS LOSE THEIR GRIP AND THE BLOOD BEGINS TO PURIFY.**

It is no coincidence that Yeshua connected **deliverance with fasting.** When He said, *"This kind does not go out except by prayer and fasting,"* (Matthew 17:21)

HE WAS DESCRIBING MORE THAN A SPIRITUAL TECHNIQUE — HE WAS REVEALING A BIOLOGICAL KEY.

Many unclean spiritual influences attach themselves to: toxin buildup, gut imbalance, parasitic infestation, corrupted consumption patterns and weakened immunity.

FASTING SHUTS DOWN THESE DOORS. A year of fasting and concerned eating is not a trend — it is a return to the ancient path that keeps the body clear enough to discern truth.

4. The Gate of the Mouth — and the Halaal Question

The time has come to address a topic many avoid: **Halaal** and **non-Halaal** food awareness. This is not about religion. It is about spiritual authority and spoken decrees. In **Halaal** slaughter: **SPECIFIC INVOCATIONS ARE SPOKEN, THE MEAT IS SPIRITUALLY DEDICATED, THE NAME OF A FOREIGN GOD IS PROCLAIMED OVER THE ANIMAL AND THE ACT BECOMES A RITUAL, NOT A NEUTRAL SLAUGHTER.**

WORDS SPOKEN OVER FOOD DO NOT DISAPPEAR. THEY ENTER THE ATMOSPHERE OF THE HOME. THEY ENTER THE BODY. THEY ENTER THE BLOOD. THEY SHAPE THE EMOTIONAL AND SPIRITUAL ENVIRONMENT OF THE CONSUMER.

If food consecrated to idols was a major issue for the early church, how much more in a generation where most meats in supermarkets carry spiritual dedications unbeknownst to the public? Today, most items now carry the many different **Halaal** signs, spices like Aromat, B-Well Mayonnaise and Future Life all have the **Halaal** stamp. Trillions of rands go towards Islam outside of South Africa and Africa. This must be addressed in depth in the coming months. **BUT FOR NOW, LET THIS TRUTH SETTLE: NO COVENANT PEOPLE SHOULD CONSUME FOODS SPOKEN OVER BY FOREIGN ALTARS WITHOUT DISCERNMENT. THE REMNANT MUST AWAKEN TO THE SPIRITUAL GATES OPENED THROUGH CONSUMPTION.**

5. The Return to Goshen Eating

A Goshen lifestyle begins with the simple, powerful decision: to reclaim the gate of consumption.

This means: choosing foods that support life, not confusion, avoiding meat that carries spiritual dedications, knowing the source of one's food, fasting regularly, reducing dependence on supermarket systems, returning to ancestral, whole foods, pausing before purchasing, reading ingredients, questioning supply chains and refusing anything that dulls the spirit.

What we consume shapes: the clarity of our discernment, the sensitivity of our spirit, the authority of our voice, the stability of our emotions, the purity of our blood and the peace of our homes.

YOU CANNOT WALK IN LIGHT WHILE FEEDING ON DARKNESS. YOU CANNOT CARRY CLARITY WHILE CONSUMING CONFUSION. THIS IS THE YEAR TO TAKE BACK THE TABLE.

DEODORANT VS ANTIPERSPIRANT

WHICH ONE IS MORE HARMFUL — AND WHY YOUR BODY HAS BEEN TRYING TO TELL YOU THE TRUTH?

For years, the beauty industry has sold us a simple idea: Stop sweating, smell good, carry on. But the body is far more intelligent than that. **EVERY GLAND, EVERY PORE, EVERY DROP OF SWEAT CARRIES A PURPOSE DESIGNED BY THE HEAVENLY FATHER HIMSELF.** And whenever man attempts to override creation's built-in systems, the consequences eventually surface — often silently, slowly, and generationally.

THIS MONTH, WE ARE LOOKING AT SOMETHING NEARLY EVERY HOUSEHOLD USES DAILY: DEODORANT AND ANTIPERSPIRANT. BOTH MAY LOOK HARMLESS, BUT THEIR EFFECTS ON THE BODY DIFFER DRAMATICALLY.

Let's break it open.

ANTIPERSPIRANT

Antiperspirant was created for one primary purpose: **TO BLOCK SWEAT GLANDS.** It uses aluminium-based compounds to plug the pores so sweat cannot escape. On the surface, this sounds convenient. But biologically and spiritually, it interferes with one of the body's most important systems: detoxification.

1. It blocks a Heavenly Father-designed cleansing pathway

Sweat carries out toxins — physical, emotional, and environmental. When that pathway is blocked, the burden shifts deeper into the body.

Over time, this contributes to: lymphatic congestion, hormonal imbalance, inflammatory conditions and increased toxin load in breast and underarm tissue. Your body isn't malfunctioning. It's crying out: **"LET ME RELEASE WHAT I CANNOT CARRY."**

2. Aluminium absorption near lymph and breast tissue

The underarm area is one of the most delicate detox zones of the entire body. Antiperspirants are applied directly over: lymph nodes, hormone-sensitive tissues and breast pathways. Even small amounts of aluminium, absorbed daily over years, create confusion in the body's signalling systems. Women often feel this long before they understand it — hardness, sensitivity, swelling, heat.

3. It interferes with temperature and emotional regulation

Sweat cools the body. It also responds to emotional states — releasing what stress tries to trap inside. When sweat is blocked, both physical and emotional pressure have nowhere to go. This is why antiperspirant users often experience: increased anxiety, irritability, heat intolerance and sudden odour changes (the body forcing detox through other glands). **BLOCKING A GATE ALWAYS FORCES PRESSURE ELSEWHERE.**

DEODORANT
THE SAFER, GENTLER OPTION

Deodorant does not stop you from sweating. It simply neutralizes odour, often through: essential oils, plant extracts, natural powders and gentle antimicrobial herbs. This keeps the detox process open while supporting freshness. **BUT NOT ALL DEODORANTS ARE CLEAN.** Some store-bought deodorants still contain: synthetic fragrance (phthalates), triclosan, propylene glycol and parabens. These can irritate the skin and disrupt hormones — but they are still less harmful than aluminium-based antiperspirants that block the natural gates of cleansing.

THE KINGDOM PRINCIPLE: LET THE BODY DO WHAT IT WAS CREATED TO DO

The Heavenly Father designed your body to: release, cleanse, purify, cool and communicate. **SWEAT IS PART OF THAT DESIGN. IT IS NOT UNCLEAN. IT IS NOT A FLAW. IT IS A BUILT-IN CLEANSING CYCLE.** When we block this process, we silence the very system meant to keep us whole. This is why so many are returning to: natural deodorants, clay-based underarm detox, magnesium sprays and essential oil blends. When the gates open, the body stabilizes.

SIMPLE UNDERARM DETOX RESET

Removing Sweat Stains on Clothes

Mix lemon juice and baking soda into a paste and rub into the underarm stain for 10–15 minutes before washing. For deeper stains, soak the area in white vinegar. Clothes (stains): **WHITE DISTILLED SPIRIT VINEGAR**

For underarm stains, soak the fabric in distilled white vinegar for 30 minutes before washing. For tougher marks, apply vinegar directly or mix it with baking soda to form a stain-lifting paste. This breaks down sweat, salt, and deodorant build-up safely.

Reducing Excessive Sweating Naturally

Use a weekly bentonite clay armpit detox (mix: 1 tsp bentonite clay, 1 tsp apple cider vinegar, 1 tsp filtered water – apply to the underarms for 10 mins daily to draw out aluminium and reopen the sweat ducts), drink sage tea, and apply magnesium oil at night.

Support the body with our monthly cleanse and switch to breathable, natural deodorant ingredients like arrowroot, coconut oil, and magnesium. The body cools down naturally when it's clean, mineral-balanced, and free from synthetic blockers.

FINAL WORD

THE BODY WILL ALWAYS MOVE TOWARD HEALING THE MOMENT WE REMOVE THE INTERFERENCE. ANTIPERSPIRANT IS THAT INTERFERENCE. DEODORANT – ESPECIALLY NATURAL DEODORANT – ALLOWS THE BODY TO FUNCTION AS IT WAS DESIGNED. CHOOSING WISELY ISN'T VANITY. IT'S STEWARDSHIP. YOUR BODY IS A LIVING ARK – TREAT IT AS SUCH.

BENEFITS AND USES OF WHITE WINE VINEGAR

White wine vinegar is made by fermenting white wine with *Acetobacter* bacteria, producing acetic acid. It is inexpensive, widely available, and used both in cooking and for household cleaning. In biblical times, vinegar (usually sour wine called ḥōmeṣ) was a staple in everyday life. Workers dipped bread into it for refreshment in the fields, and soldiers drank it diluted as a cooling, antimicrobial beverage.

*"14 And Boaz said unto her, At mealtime come thou hither, and eat of the bread, and dip thy morsel **IN THE VINEGAR**. And she sat beside the reapers: and he reached her parched corn, and she did eat, and was sufficed, and left."*
Ruth 2:14 KJV

It was widely used to season lentils and vegetables, pickle foods for storage, and clean cooking vessels. Vinegar also served practical medicinal purposes — soothing minor wounds, cleansing the skin, reducing fever, and refreshing tired bodies in the heat. At the crucifixion, Yeshua was offered this common sour-wine drink on a hyssop branch, linking it back to the Passover symbol of cleansing and deliverance.

*"29 Now there was set a **VESSEL FULL OF VINEGAR**: and they filled a spunge with **VINEGAR**, and **PUT IT UPON HYSSOP**, and put it to his mouth."*
John 19:29 KJV

In Scripture and daily life, vinegar represented both practicality and purity — a humble yet essential element of ancient Hebrew living.

CULINARY USES:

Commonly used to season salads, fish dishes, and raw preparations. Essential in sauces such as white butter, tartar sauce, vinaigrette, and mayonnaise. Useful for pickling vegetables and improving the soaking and cooking of dried legumes.

HEALTH BENEFITS & PRECAUTIONS:

Benefits:

Rich in minerals (phosphorus, potassium, magnesium, iron). Provides antioxidants from grape polyphenols. Promotes satiety, supports immune function, and is low in calories and cholesterol.

Precautions:

Use with caution if you struggle with gastritis, acid reflux, diabetes (in large amounts), or those on antihypertensive medication.

BENEFITS FOR SKIN:

White vinegar can support skin health by balancing skin pH, offering antimicrobial benefits, and providing gentle exfoliation. It may help reduce foot odour and could assist in managing minor bacterial or fungal infections. A vinegar bath is made by adding 1–2 cups of white vinegar to a tub of lukewarm water and soaking for 15–20 minutes, then rinsing thoroughly.

WARNING: Avoid vinegar baths on broken skin, consult a doctor if you have skin conditions or health concerns, and begin with a small amount of vinegar to test skin tolerance.

KITCHEN USES BEYOND COOKING:

Cleans and deodorizes vegetables, hands, refrigerators, and microwaves. Reduces odours from strong-smelling vegetables during boiling. Acts as a natural disinfectant, removes limescale, and cleans coffee maker filters. Repels ants and neutralizes odours.

HOUSEHOLD CLEANING USES:

Deoxidizes metals, polishes glass and metal (especially with baking soda). Disinfects washing machines, brightens parquet and furniture, whitens tile joints. Removes stains from fabrics and deodorizes.

WARNING: Never mix with bleach or ammonia due to dangerous fumes. For laundry purposes, use distilled white vinegar - not white wine vinegar - to remove underarm sweat stains. White wine vinegar is for cooking, while distilled vinegar is colourless and strong enough to dissolve sweat, salt, and deodorant build-up safely.

OUTDOOR & PET-RELATED USES:

Removes stickers from car surfaces and prevents windshield ice. Acts as a natural weed killer. Deters cats from certain areas and eliminates pet urine odours. It can help safely clean the ears of dogs and cats. **WHITE WINE VINEGAR REMAINS ONE OF THE MOST VERSATILE, NATURAL TOOLS FOR THE KITCHEN, HOME, AND SIMPLE WELLNESS ROUTINES.**

WHITE VINEGAR – A GOSHEN ALTERNATIVE:

As we step into a cleaner, more conscious way of living, begin replacing harsh chemical cleaners with simple white vinegar. It purifies the home without poisoning the air, disturbing hormones, or leaving behind toxic residue. Chemical products weaken the body and atmosphere, while vinegar supports clarity and health. In the next newsletter, we will explore the full reasons why vinegar is essential in a Goshen home.

https://acetovarvello.com/en/white-wine-vinegar-benefits-uses-properties/

BENEFITS OF PAPAYA SEEDS

Papaya seeds are widely promoted in natural-health circles for a range of medicinal uses. They contain enzymes like papain and various bioactive compounds that are believed to support digestive and antimicrobial activity. Benefits include:

Parasitic Infections

Papaya seeds are one of the most effective natural treatments for parasites. **THEY HELP BREAK DOWN THE PROTECTIVE COATING OF WORMS, DISRUPT THEIR REPRODUCTION CYCLE, AND CLEANSE THE DIGESTIVE TRACT.** When taken regularly in small amounts, papaya seeds support gut healing, reduce bloating, stabilise appetite, and strengthen the body's natural defences. They are a simple, affordable way to keep the internal environment clean — especially during full-moon parasite activity.

Liver Support

Papaya seeds are often described as a **NATURAL AID FOR LIVER HEALTH AND CIRRHOSIS**. Typical home remedies involve consuming small amounts of crushed seeds mixed with citrus juice.

Bacterial Infections & Food Poisoning

The seeds demonstrate antibacterial activity in lab studies and are **TRADITIONALLY USED AT THE ONSET OF FOOD-BORNE ILLNESS**. Freshly crushed seeds are taken with food to help alleviate symptoms, and small daily amounts are suggested for general digestive protection.

Candida Overgrowth

Because papaya seeds may help shift gut conditions in favour of beneficial bacteria, they are sometimes used to support the **TREATMENT OF CANDIDA YEAST IMBALANCE**. Liquid extracts are taken on an empty stomach.

Kidney Protection

Animal research suggests papaya-seed extracts may **HELP REDUCE OXIDATIVE STRESS** in the kidneys.

Improved Digestion

The enzyme papain helps break down proteins, which may **EASE THE DIGESTION OF HEAVY MEALS** and reduce issues like gas or constipation. Some people take small amounts of seeds with high-protein dishes for this purpose.

Dengue Remedies (Traditional Use)

In some regions of Central America and Asia, papaya seeds and leaves are **USED TO HELP MANAGE DENGUE FEVER**.

PAPAYA SEEDS INSTEAD OF PEPPER!

Papaya seeds can be used as a flavourful substitute for black pepper, offering digestive enzymes and a lively essence. They can be harvested from the tropical fruit, dried, and stored to create a suitable replacement for pepper in cooking. **ONCE DRIED AND GROUND, PAPAYA SEEDS HAVE A UNIQUE PEPPERY, MUSTARD-WASABI TASTE.** The larger the papaya, the sharper and stronger the flavour is. On the other hand, smaller papayas tend to have seeds with a milder taste. How to prepare your pepper replacement:

Step 1: Collecting Papaya Seeds

Select a ripe papaya with yellow skin for the best flavour. Cut the papaya in half and scoop out the seeds using a spoon. Place the seeds in a bowl.

Step 2: Cleaning the Seeds

Rinse the seeds under cold running water to remove any pulp and fruit residue. Rub the seeds between your fingers or use a colander to help remove the gelatinous coating around the seeds.

Step 3: Drying the Seeds

There are two primary methods to dry papaya seeds: air drying and oven drying.

Air Drying:

Spread the Seeds: Spread the cleaned seeds in a single layer on a clean cloth or paper towel. Place them in a well-ventilated area, away from direct sunlight. Allow the seeds to dry for several days, turning them occasionally to ensure even drying. The seeds are dry when they are hard and brittle.

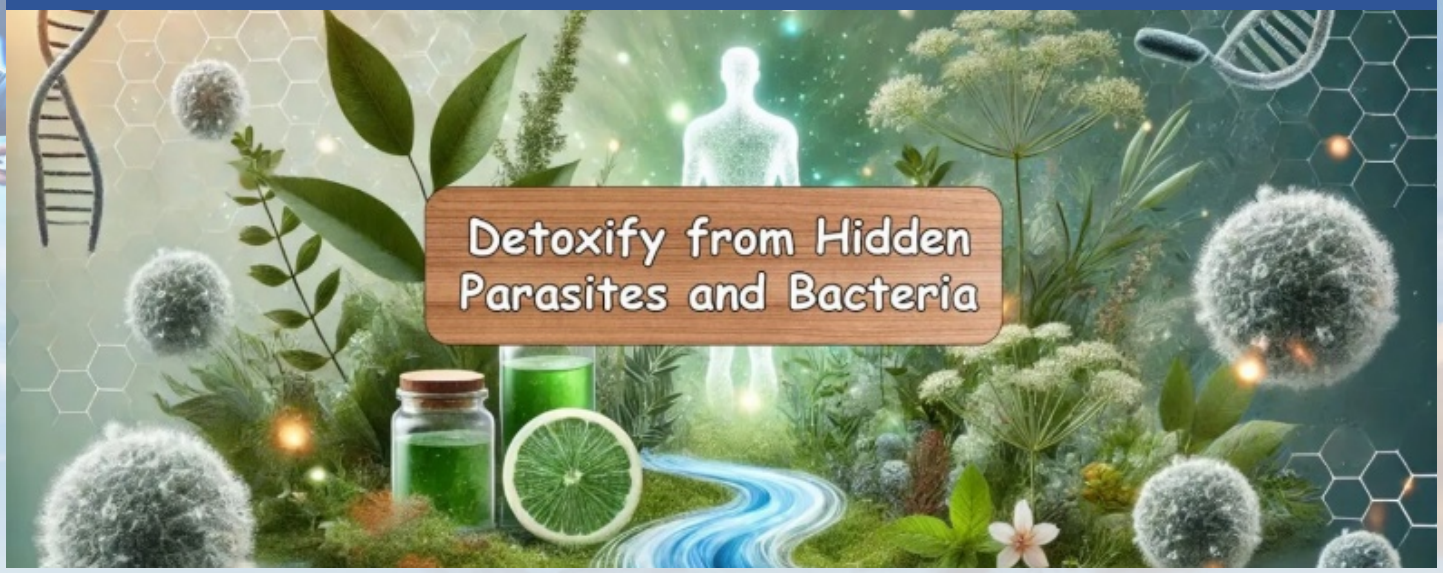
Oven Drying:

Preheat your oven to the lowest setting, usually around 150°F (65°C). Spread the seeds in a single layer on a baking sheet lined with parchment paper. Place the baking sheet in the oven. Dry the seeds for 2-3 hours, stirring occasionally to ensure even drying. The seeds are done when they are hard and brittle. Remove the seeds from the oven and let them cool completely.

Step 4: Preparing the Seeds for Use

Use a spice grinder, coffee grinder, or mortar and pestle to grind the dried papaya seeds into a fine or coarse powder, depending on your preference. Store the ground papaya seeds in an airtight container in a cool, dark place. They can be stored whole as well, to be ground fresh when needed.

PARASITE BLENDS



SIMPLE INGREDIENTS LIKE LEMON, TURMERIC, GINGER, HONEY, AND WARM WATER HELP CREATE AN INTERNAL ENVIRONMENT WHERE PARASITES CANNOT MULTIPLY.

When taken consistently, these natural remedies calm inflammation, stabilise digestion, reduce cravings, and strengthen the immune system. They are affordable, safe for children, and a powerful way to maintain internal purity throughout the month. Please experiment with these trusted recipes for your family:

1. GENTLE DAILY PARASITE BLEND (Safe for All Ages)

This gentle daily detox supports the body in weakening parasites and keeping the gut clean. Parasites thrive on sugar, processed foods, and stress — and most people carry more of them than they realise.

Ingredients:

- 1 tsp raw honey
- 1 tbsp apple cider vinegar
- ¼ tsp ground turmeric
- ¼ tsp ground ginger
- Small pinch black pepper (activates turmeric)

How to use:

Mix in warm water and drink first thing in the morning.

Why it works:

Turmeric & ginger reduce inflammation, parasites create. Apple cider vinegar breaks biofilm. Honey draws worms out of hiding. Pepper increases absorption

2. STRONG GOSHEN CLEANSE BLEND (For Adults)

This is the monthly purge level — simple, accessible, and powerful.

Ingredients:

- 1 tsp clove powder
- 1 tsp wormwood powder (or 2 capsules)
- 1 tsp black walnut hull powder

How to use:

Mix powders in ½ cup warm water or place into capsules. Take once daily for 7–14 days, preferably at night.

Why it works:

Clove kills parasite eggs. Wormwood paralyses adult worms. Black walnut destroys larvae and flushes the gut. This is the classic anti-parasite trio used for generations.

3. WARRIOR BLEND (For Heavy Infestations)

Only for strong adults, not children.

Ingredients:

- 1 tbsp pumpkin seeds, crushed
- ½ tsp cayenne pepper
- ½ tsp garlic powder (or 1 crushed clove raw)
- ½ tsp ginger
- ½ tsp clove powder

Recipe:

Mix into a paste with honey or lemon water.

How to use:

Eat on an empty stomach once daily for 5 days, rest 2 days, then repeat.

Why it works:

Pumpkin seeds paralyze tapeworms and roundworms. Garlic + ginger kill protozoa. Cayenne increases blood flow and heat. Cloves stop egg cycles. This creates the "expel response" — worms detach and flush out.

4. FULL-MOON CLEANSE RECIPE

Ingredients:

- 1 tsp wormwood
- 1 tsp clove
- 1 tsp black seed (nigella sativa)
- 2 tbsp castor oil OR 1 tsp Epsom salt in warm water

How to use:

Take herbs 3 nights before the full moon, the night of, and 3 nights after. Finish with castor oil or Epsom salt to flush.

Why it works:

Parasites are most active and exposed during the full moon due to serotonin shifts.

5. CHILD-FRIENDLY PARASITE SYRUP

This is gentle but effective — safe for repeated use.

Ingredients:

- 1 cup honey
- 1 cup water
- 5 cloves of garlic, crushed
- 1 small piece of ginger, sliced
- 1 cinnamon stick

Recipe:

Simmer for 10 minutes. Cool and strain.

How to use:

Children: 1 teaspoon morning + night.

Adults: 1 tablespoon morning + night.

Use for 7–10 days.

Why it works:

Garlic, ginger, and cinnamon calm the gut, while honey draws worms out.

6. QUICK TEA FOR BLOATING & WORM MOVEMENT

Ingredients:

- 1 tsp fennel
- 1 tsp anise
- 1 tsp peppermint
- Slice of ginger

Steep 10 minutes. Drink after meals. This reduces worm activity and settles the gut.

7. SIMPLE HERBAL SHOPPING LIST

If you only get three herbs — choose these:

1. Clove (eggs)
2. Wormwood (adults)
3. Black walnut (larvae)

Everything else is supportive.

PARASITE CLEANSING TEA

While this tea is good to drink on a daily basis, it is particularly effective to drink when the MOON is FULL, as this is when parasites are at their most active.

Ingredients:

- 1 cinnamon stick
- 2 cloves
- 1 tablespoon of fresh grated ginger
- 1/2 tablespoon of oregano

Instructions:

1. Boil Water: Bring 4 cups of water to a boil in a saucepan.
2. Add Ingredients: Add the cinnamon stick, cloves, grated ginger, and oregano to the boiling water.
3. Simmer: Reduce the heat and let the mixture simmer for about 10-15 minutes.
4. Strain: Strain the tea into a cup or teapot.
5. Serve: Enjoy your parasite-cleansing tea hot.

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